



THE MASSEUR



American Massage & Therapy Association

FORMERLY THE AMERICAN ASSOCIATION
OF MASSEURS & MASSEUSES

OFFICIAL BULLETIN

JANUARY - FEBRUARY 1959

DECATUR, ILLINOIS

New Year Started With Confidence - -

Dear Members and Friends:

The New Year is a time to reflect upon our blessings and the progress we have made during the year—and to contemplate what lies ahead of us.

There is nothing we can do to improve the past, but each of us, by his own effort and cooperation on the team, can contribute to a better future for our profession and A.M. & T.A.

As individuals and professionals, we can resolve to strengthen our position in Life by renewing our faith in God and in our fellowman, and by practicing in conformity with the principles and methods that truly represent Massage Therapy—this profession which has proven of so much value in helping so many to be able to enjoy the blessings of better health.

As Massage Therapists, we must resolve to practice this noble art with devotion to those who seek our help.

As members of A.M. & T.A., we must work as a team to make our profession better and establish ourselves as a worthy part of our

community.

I hope you and your loved ones have had many blessings to count this year and that they may increase manyfold during 1959.

Sincerely

Lowell M. Spangle

CONVENTION

We are pleased to inform all of our membership that the greatest Convention of all will be held August 13, 14, 15, 16th at the Lafayette Hotel in Long Beach, Calif.

Te Lafayette is located near the beaches, has beautiful accommodations at popular prices and the food is very good. The Long Beach Chamber of Commerce is lending every effort to make this a great Convention.

Some of the plans consist of the following. Business sessions in the morning, talks and demonstrations in the afternoon and evening. A pre convention school with classes in advanced physical therapy, modern massage, and contact healing, a California style show for the ladies, dancing to Lawrence Welk. A big banquet and get

away breakfast. All the latest modalities on display.

After the convention we plan to make your vacation complete by arranging tours to a live TV show, Marineland, Disneyland, The Glass Church, Knotts Berry Farm and ghost town and many others. Deep sea fishing, a trip to old Mexico, in fact anything that you want to see can be arranged.

All children under fourteen will be quartered free at the hotel, and if there are enough children interested, a summer camp in the mountains is available at nominal cost.

Registration is fifteen dollars for the Convention, plus rooms and meals. The registration fee includes the banquet and farewell breakfast.

Please send in your registration as soon as you think you are attending. Later, in case you cannot come, your money will be refunded.

Make this a Holiday, whether you fly, take the train or drive. You will see the wonders of the West and as hosts we will see that you never regret it.

SMALL BOX 4

THE MASSEUR

Bimonthly publication of the
American
Massage and Therapy Association.
formally known
American Association of Masseurs
and Masseuses.

Published in Decatur, Illinois
Charles W. Brooks, Editor
3111 North Water Street



PRESIDENT'S MESSAGE

SUICIDE IN 1959?

Suicide is considered to be unlawful and a sin when committed upon one's own person. Still, we can not find a single law (state or national) against the members of an organization causing the suicide and death of that organization.

Many of our members are acting as if what they wanted for 1959 was the suicide and death of the American Massage and Therapy Association.

If you really want your organization to die let me show you how you can hurry it up. Just follow this list of rules, and we are sure it won't take long.

1. Don't pay your dues.
2. Gripe about everything.

3. Don't attend any meetings.
4. Resign your duties if you are an officer.

4. Don't advertise in the Year Book.

6. Don't go to the National Convention in 1959.

"SUCCESS OR SUICIDE in 1959," that is the question. We don't have to have suicide; we can have success in 1959 if we all want it enough for each to try.

Please—

1. **Pay your dues** and let your money work for you to make a better association.

2. **Give constructive criticism** whenever and wherever needed. All your officers will welcome this if they know you are in back of them trying to help us grow wise and strong.

3. **Attend every meeting.** This way you will know our aims and plans, not to mention how your dues are spent. Not only attend, but help—help with the program, help by asking visitors, get behind your officers and help get our big job done.

4. **Each officer should learn to accept the criticism** of the members in a broadminded sense and not become angry and want to resign. We can't please everybody; and if we are doing our very best, no one can ask for more.

5. **Advertise in your Year Book.** Support the best evidence we have of a successful organization. Help our Year Book and Masseur Magazine to grow.

6. **Attend the convention** this year. This is the event of the entire year in our profession. Much can be enjoyed and learned at each convention. Everyone who has ever attended a convention of ours has benefited in many ways and we expect this 1959 California Convention to be the biggest and best ever held.

Please, God, may we each help our organization and make it grow and prosper for 1959.

Massagically,
Thomas D. Olson
National President

STATE SECRETARIES:

Send in to the National Secretary the total memberships you have, so we can have a re-check on the membership. In most cases, this could be done on a postal card. Please do this right away.

Remember that we are starting work on the year book and if you wish to appear in the Registry be sure you are paid up in your dues. We want the paid up membership list turned into National Sec'y by March 1st.

We also need to have this information when mailing out the Masseurs. That way we won't be sending too many to some Chapters and not enough to others.

Editor.

TO: All Officers of the American
Massage and Therapy Association.
GREETINGS

MONEY! MONEY!

Money makes the wheels go round.

I am writing this letter at the suggestion of your National President Mr. Thomas D. Olson in an effort to show you several ways of raising money for your Chapters so that you can always have at hand ample funds to promote your profession in your own State and at the same time assist your delegates with expense money so that National Conventions can be more equitably represented.

Some of the best ways to earn money is by patient co-operation. We have been selling bonds—\$25.00 bonds cost \$18.75. We have been selling \$1.00 donations and as soon as 25 are sold we have a drawing and someone wins a bond. We pocket the \$6.25. In this way we have sold as high as 5 bonds a month and always sell one or two.

Rummage sales will most always net over \$100.00. Then there is the pick-up auction. Members get on the phone and ask for salvage and take it to some old building that is donated for the purpose. Each Saturday they pick-

up this salvage until a large amount is collected. Then the auction is held. Spring is a good time for this and it is astounding how many people attend and how much money is raised.

Card parties and dances with door prizes and raffles even if it is by record player always bring in a goodly share. Most any merchant will donate a door prize.

The usual potluck dinner at a fixed fee brings in money. We always have a door prize costing under \$5.00 for which we sell chances at \$1.00. We also pass the hat at each meeting for the treasury.

Various firms feature things to sell, like candy, fruit cakes, ball pens that bring liberal profits. Then in times of a pinch where we need more money we ask our members to donate the price of one treatment.

There are many other ways and this letter is not to compel you to raise money but if it in some way can help you raise money all of your members can be better served. It is so nice to have money in the Treasury.

Submitted by
Geo. D. Gammon
Chm. Ways & Means
Committee

BEAUTY

Are you a beautiful girl today
Just going on your innocent way?
You will probably just say well-I-I,
Then I know a way you can tell:
Look at yourself outside and in
Do you look clean and free from
sin?

Do you show forgiveness each day
And a lot of sympathy
Do you always want to share
Or do you sometimes act unfair
Now check the way you feel inside
You'll find that you have nothing
to hide

After a while you will see
That outside too, you'll be lovely.

Dorothy Moore

—O—

Ignorance makes prejudices enjoyable.

TO THE EDITOR—

216 Park Ave.
Worcester, Mass.
17 Nov. 1958

Dear Mr. Brooks:—

Do you now have a new layman's magazine out? A number of our members are interested in it to use as Xmas greetings. Also cost of same. Would it be possible for you to mail me a copy? We are also interested in knowing something about the insurance that was brought up at the convention. Will you please let us know more about it. Oh yes, we would like to have a pinning of the Reg. M. at our Dec. meeting—have you all made up your minds on the type pins—(Our 3 year members are interested in getting them as soon as possible)

Thank you for answering all these ? ? ? ? ?

Sincerely
(Miss) Sadie A. Seligman
Sec'y-Treas.

Mass. Sec. Treas.

Dear Sadie:

Due to the poor response from the members I didn't go ahead with the lay magazine. It would be impossible for me to print up one in time for your members to use for the season's purpose. We should have been working on this three months ago. Altho I think I will get one out sometime after the first of the year. But it will not be an exclusive number, just for the association. It will be edited so any practitioner in the drugless field can use it. I will send you copies.

I can't tell you anything about the insurance. I think you will have to write Geo. Gammon in Calif.

Sadie, I don't know just when we will have any dope on the new lapel emblem and pin. We have a committee working on it. But we are having some trouble with some of the states in accepting the new name of the association.

Sincerely,
Chas.

TO THE EDITOR—

December 9th, 1958

Dr. Charles W. Brooks,
3111 North Water Street,
Decatur, Illinois.

Dear Dr. Brooks:

Carrying a chip on my shoulder, I would like to vent my disappointments in your publication "The Masseur."

If you deem the article worthy of attention, I hope to see it in print in your next issue.

Respectfully yours,
Wm. A. Menkman

Dr. Charles W. Brooks,
3111 North Water Street,
Decatur, Illinois.

Massage Therapy, an honorable profession is gradually losing its dignity. Practitioners stooping to cheap and unethical advertising, Massage Schools informing their students to expect a mediocre income, etc. These methods can only result in absolute failure.

Other professions impress Mr. Public with a good front to gain confidence and respect. What do you think is Mr. Public's reaction when reaching a massage therapist, he finds a large billboard spread across the front porch advertising several modes of treatment at ridiculously low prices. One look in the cluttered up reception room and Mr. P. is badly impressed. A placard stuck in the front window, inviting the public to avail themselves of Sun Tan Treatments for the total sum of 25 cents. With these cheap tactics, why then do we get provoked with the medical profession sending their patients to Rehabilitation Centers instead? We act like merchandisers, who in their scheme of advertising offer an article or service below cost in order to attract another customer.

Stop being a bathhouse Johnny, who works for tips and do full justice to your profession as a Massage Therapist. Keep in mind that we are trying to get a bill thru the Michigan Legislature so that we legally may pursue our

SMALL BOX &
TURKISH CENTS

profession. It would benefit our Association if we took inventory now as to our deportment. Tying with the idea that with cheap rates we stimulate business, is purely false economy and poor management.

You are entitled to your proper fee for services rendered. You have spent years of study, invested a good sum of money in your equipment and above all, you have a stamp of approval by your membership in this Association. Your ethics or lack of them reflect upon the Association and its fellow members. You are promoting this priceless possession called 'Health' and that does not come cheap. Elevate your standards so that you may be worthy of your calling.

Wm. A. Menkman
505 Bauch Bldg.

this as his pattern of behavior.
Lansing, Mich.

NORTH DAKOTA

The North Dakota Chapter held its quarterly meeting at the home of Mr. and Mrs. D. Munro, 313 4th Ave. No. Grand Forks, No. Dak.

The meeting was called to order by President Leonard Neels of Wahpeto. Minutes of last meeting were read and approved. The treasurer's report was read and approved.

The discussion this meeting was on the Massage Bill to be presented to No. Dak. Legislature in January. The Bill was approved except for minor changes from the last one that was nearly passed in 1957. We are concentrating our efforts on this for we feel that this is a must for us as it should be for each and every State.

There were eight members and four guests present. The next meeting will be 21 March 1959. We're hoping to report then that our Massage Bill has passed.

A social hour followed the adjournment.

Albert E. Dahlgren
State Sec.-Treas.



Belated 1958 Birthday wishes
are in order for:

October

- 6—Jack Mayfield,
North Dakota
- 23—Amy Munro
North Dakota
- 25—James Taves
North Dakota

November

- 2—Hilda Klinkhart
3956 North Murray Ave.
Milwaukee 11, Wisc.
- 2—Leonard Neels
North Dakota
- 8—V. G. Vejtas
North Dakota
- 22—Gladys Neels
North Dakota
- 23—Ole Fjoslein
North Dakota

December

- 1—Lucille Lathrop
415 West Cherry Street
Olney, Illinois
- 11—Hortence W. Thompson
1109 Paseo Apt. 17
Kansas City 6, Mo.
- 17—Alta G. Felker
3410 Mt. Vernon Avenue
Evansville 12, Ind.
- 22—Rachel Gustafson
North Dakota
- 26—Dougald H. Munro
North Dakota

February, 1959

- 6—Milford Bakke
North Dakota
- 7—Arnold Borchard
3903 N. 23rd Street
Milwaukee, Wisc.

1959 CONVENTION

It has now been definitely settled that the 1959 National Convention will be held in the beautiful and spacious Lafayette Hotel in Long Beach. The Hotel is only about two blocks from the ocean and Long Beach is one of the chief cities for Conventions and Vacations on the West Coast. We believe we were very fortunate in securing this ideal spot for our next Convention and we owe a vote of thanks to one of our Long Beach members, Mrs. Irene Jordan, who put the Hotel in touch with our Convention Chairman, George D. Gammon. Such Hotels are usually dated full a year in advance.

PLAN NOW!

It is not too early to plan to attend the annual 1959 AMERICAN MASSAGE and THERAPY, NATIONAL CONVENTION. The desire of most Easterners is to see the West. Most of you have never been to the West Coast. You who have will certainly want to come again! So, SAVE! SAVE!! SAVE!!! PLAN!!! to put into reality the most enjoyable, the most profitable vacation you have ever had.

CALIFORNIA

Nearly thirty members and friends of the California Chapter American Massage and Therapy Ass'n met in the home of Mrs. Irene Jordan, Saturday evening, December 6. We were led in Prayer by Dr. Griffin of Los Angeles followed by salute to the flag. Secretary then read account of the meeting held in Modesto, November 2nd. He reported that there was only slightly over \$150.00 dollars in the treasury with which to meet the coming pre-convention expenses and other activities of the state chapter. Quite a few have not as yet met their 1958-59 dues. Only paid up members can have their names in the Year Book and be retained in the National Registry.

1959 LEGISLATION

It was reported that individuals

of another organization are about to introduce a **Massage Bill** in the State Legislature. They have asked us to support their measures . . . In-as-much as the provisions as written are not in harmony with the principles as set forth in our Constitution and By-Laws, it was unanimously voted not to introduce a Bill at this session of the Legislature. As \$6.00 of each member's dues (including both State and National) is set aside for legislative purposes, this sum will gradually accrue to a figure where we can eventually support a bill of our own that will do justice to all practitioners. The standards of the profession will be raised and the public in general greatly benefited.

APPLICATIONS OF FIVE NEW MEMBERS APPROVED

The applications of five new members were presented and read for chapter approval. It is new members added consistently by our standards and code of ethics which builds the strength of the organization. With new blood and new ideas and united in purpose, the AMERICAN MASSAGE and THERAPY ASS'N is destined to grow and become truly great, the promoter of health and the guardian of our liberties.

OUR NEXT MEETING

Is scheduled to be held in the Oroville District with J. H. Gross as Chairman of the Planning Committee. The proposed date is January 24, 1959 (exact time and details to be officially announced later). Let us see how many new members we can solicit between now and that time.

Fraternally yours,
Lloyd C. Allen,
Calif. Chapter Sec'y-Treas.

WISCONSIN

A meeting was held Dec. 7, 1958 at the home of Mildred Warnes. Eight members were present, seven guests. We had a grand time. John Persona was all set with a 16 mm. projector to show a movie "The Spirit Of Christmas" following the business

meeting. However, a small oversight, an extra reel to wind up used film was forgotten. Since the "wheel" forgot the "reel" we proceeded with great pleasure to be entertained with John's Hi-Fi Stereo Tapes and proceeded with refreshments and gift exchanges. Mildred Warnes keeping the coffee perking thru the meeting, decided to serve and poured out the best cup of hot water served anywhere. She forgot the coffee! It was a day of many oversights, but much will always be remembered.

We as a chapter will share in the Quad States Convention coming up soon.

Our next meeting is planned for March 8, 1959 at Persona's.

Best regards to all in the coming year.

Sincerely
Mildred Warnes
Sec'y Treasurer

DECEASED

The Indiana Chapter of AM&TA mourns the loss of two members who passed away just before the holidays:

Miss Norine Carr, Evansville, Ind., who passed away Dec. 3, 1958;

Mrs. Gisela Silberschlag of Michigan City, who passed away after a long illness, Dec. 6, 1958.

WILSON LUTTE, VETERAN YMCA WORKER, DIES

Wilson L. Lutte, director of the Health Club at the Allentown YMCA and masseur and aquatics director there the last 16 years, died at 9:10 last night in Sacred Heart Hospital. He was 48.

He lived at 756 S. Hall St. where he operated a swimming pool supplies business. He and his wife, the former Arlene Fahringer of Allentown, also operated a health salon at their home.

Lutte was president of the Pennsylvania Chapter of the American Assn. of Masseurs and Masseuses and a member of the Eastern Athletic Trainers Assn., National Athletic Trainers Assn. and the Health Service Operators Society of the YMCA.

He was a graduate of the old College of Swedish Massage in Chicago. He was associated with the profession 32 years.

In former years he was a guard in the plant protection department of the Mack Manufacturing Corp.

During World War II he served 20 months with the Navy aboard a cruiser in the South Pacific.

Legion Ex-commander

In 1954 he served as commander of the Herbert Paul Lentz American Legion Post. Later he was president of the post's drum and bugle corps for several years.

Lutte also was a past president of the Allentown Aquatic Club.

Active in Clubs

He was affiliated with the Allentown Lions Club; Marine Band of Allentown; Barger Lodge, AF and AM; Lehigh Saengerbund; Moose Lodge of Allentown; Emmaus Order of Owls; North End Republican Club; Allgemeiner Arbeiter Verein and the Pilots Club.

Surviving with his wife are two daughters, Lorraine, wife of Charles Kohler Jr., Allentown, and Patricia, at home, and several brothers.

Funeral arrangements are being completed by the Trexler Funeral Home, 1625 Highland St.

John M. Neels, 74, a well known Masseur of Elbow Lake, Minn. and Wahpeton, N. D., passed away at his home at Elbow Lake, Minn. Friday morning Dec. 26th, 1958. His health had been gradually failing for several months.

Mr. Neels was born April 5th, 1884 to Mr. and Mrs. Leonard Neels of the Netherlands, being the youngest of sixteen children. At the age of three years, he came to this country with his parents and six sisters and brothers, locating at Oskaloosa, Iowa. He was

Small box & Turkish entry

the last survivor of that family.

In 1910 he married Mary DeJong of Peoria, Iowa, who passed away August 16th, 1931. To this union one son was born, Leonard A. Neels, a Masseur at Wahpeton, N. D.

Previous to becoming a resident of Elbow Lake, Minn. in 1939, he had resided at Grundy Center and Hartley, Iowa.

He married Bertha Berg of Elbow Lake May 3rd, 1947.

Surviving are his wife, Bertha of Elbow Lake, Minn. and son Leonard of Wahpeton, N. D., two grandchildren and three great grandchildren, all of Iowa.

MASSACHUSETTS

Massachusetts members attending R. I. Xmas party were Henry LeFleur, Louis Rano, Rose Johanson, Sadie A. Seligman, Mr. and Mrs. H. White, May Conrad, Mr. and Mrs. O. Mack, Fleix LaBontie and Florence Laws. Ann White is real proud of herself, she was guest speaker at the Walpole High School. She spoke on P. T. as your field of work. She feels that she has interested 12 or 15 students. May Conrad and Sadie A. Seligman have passed the State Board of Nursing at the State House in Boston and are now signing L.P.N. after their names. Rose Johanson is now working at the Rutland T.B. Hospital. Vi and Cicel George are spending 2 weeks in Florida. Henry LeFleur will be host at the Jan. meeting at the Bancroft Hotel in Worcester, Mass.

Sincerely,

Sadie A. Seligman, Sec.

SURGEONS ADDRESS MASSAGE MEETING

Dr. John L. Bianci and Dr. Adolph Meltzer, two Worcester surgeons, addressed the statewide meeting of the American Massage and Therapy Assn., at the Hotel Bancroft.

They spoke on "Benefits of Massage in Treating Common Fractures." Films on the subject were shown, and massage tech-

niques were demonstrated.

Henry LaFleur of Worcester, president of the Massachusetts Chapter, was host at the monthly meeting, attended by members from this state and Rhode Island.

Sadie A. Seligman of Worcester, chapter secretary, was hostess at a dinner following the meeting.

S. D. REFLEXOLOGISTS FACE INJUNCTIONS

A form of foot massage being practiced in South Dakota is estimated as a \$3,000,000 annual business by a medical spokesman. Some of this business is tangled with the courts.

The state doesn't care who rubs your feet if that is all that's done.

Why then, have injunctions been issued in a number of courts to halt the practice known as "reflexology." Why are court actions pending in other similar cases.

The Theory of Reflexology, according to court testimony and to at least one textbook on the subject is that all nerve endings are in the feet. The theory holds that by massage of the feet it is possible to diagnose and treat human ailments ranging from minor aches to cancer.

The injunction actions have been brought by John Zimmer, Parker, as attorney for the state's Basic Science Board. The actions charge practice of healing arts in violation of the state's basic science law.

The South Dakota Medical Assn. has taken a close interest in the prosecutions.

Medical knowledge denies that all nerve endings are in the foot, but the medical profession is not opposed to reflexologists because they have contrary views, says John C. Foster, Sioux Falls executive secretary for the association.

"The profession does not think feet have been hurt by rubbing them," said Foster. "It does feel procurement of a medical doctor has been stalled in some cases, to the detriment of the patient. But the prime interest of the profes-

sion is in the legal aspect.

South Dakota, he said, was the first state to take general action against reflexologists. They are known to be operating, too, in Minnesota and Illinois, he said, and are reported operating in North Dakota and Nebraska.

He made the estimate that reflexology is a \$3,000,000 a year business in the state and has been for about three years.

"One reflexologist made the statement there were 300 of them practicing in the state in 1956," he said. "By court testimony, patients average from 13 to 60 per day. The charge for each visit runs from \$2 to \$3. This would put the average gross per individual at \$10,000 a year.

Additional income has been derived from lessons in the theory of reflexology but have been presented in the state.

"I have read a textbook on the subject which carried the name of Eunice E. Ingham, Rochester, N. Y., and a person of that name has advertised in the state's papers offering to teach the course," Foster said.

Some reflexologists were said by Foster to have branched out into sale of food supplements that are alleged to cure various diseases.

The Crux of injunction actions against reflexologists has been whether claims to heal were made.

South Dakota's basic science law limits the healing arts to doctor's of medicine, osteopathy and chiropractic. Persons seeking to be one of these three kinds of doctors must first pass the basic science examination.

In case of violation of the law, provision is made for investigation and prosecution by the basic sciences board.

The board, set up in 1939, has five members appointed by the governor. The board is made up of three doctors (one each for medicine, osteopathy, and chiropractic), a professor of anatomy and a professor of chemistry.

Records in Foster's office list court injunctions granted against

Lilly Hilde, Chester; H. H. Unruh, Elkton; Anna Eicens, Rapid City; Mrs. Alda Rahn, Winner; and Mrs. Marian Alexander, Watertown. The records also list a fine against Ingvald Bak, Irene.

Foster said persons against whom injunctions were obtained ceased to practice reflexology. One of them left the state.

QUESTIONS ABOUT MASSAGE THERAPY

By LOWEL M. SPANGLE

National Chairman

Membership & Organization

Is there really opportunity in the field of Massage Therapy? I have been told our profession is obsolete, that others can do what we do so much easier and make greater profits from their work. That our treatments involve too much labor and take too much time. That no one could stand up under the strain of the work long enough to become prosperous or even to make a good living at the profession. That we are dealing with problems we do not understand, that disease is far too complicated to be cured by body rubbing.

This is pretty harsh criticism, but let's look at it objectively. Where there is a problem, there is always an answer. Behind every problem is a cause and the only way the problem can be solved is to find the cause and alter it to produce a more acceptable condition.

The justification for the existence of this or any other profession in the field of health is; does it contribute to the comfort and well being of mankind. Thousands have testified they felt better and enjoyed better health after taking Massage Therapy treatments and many of these have testified they had been previously treated by medicine, surgery, spiritual and mental healers and others with less favorable results. This would seem to justify the existence of Massage Therapy and answer in part that while others may have

easier ways of treating those in poor health, ours solves problems not solved by others and there is still room for our service though it be more laborious and less profitable to the Therapist. We concede in too many instances the greatest reward that comes to the Massage Therapist is that inner peace and satisfaction that comes to one when he sees his job well done. This problem is being worked out through our organized effort, through Post Graduate education, the raising of our standards and the standardizing of our system of treatment to make use of effective measures and discard the unnecessary. This is a vital part of our modern research and training. We must have a good knowledge of the human body, its structure and functions. We must take cognizance of pain, congestion, stasis, tension, circulation of body fluids, (blood and lymph), and elimination of body wastes, joint movements, tissue degeneration and general metabolism. With this knowledge we can make a good, sensible analysis of the case before us. We do not diagnose or treat any disease as such. We do study the tissues or parts of the body involved, the type of patient and their general vitality. From this study or analysis we determine the treatment to be given. How it should be applied and how long it should be. Our work is done in a way that is quite scientific and effective. It is really very simple. We do know the problem before us and there are only a few things we have to do. Cleanse the body inside and out, relax all tension, work out stasis and congestion, stimulate the circulation of the body fluids (blood and lymph). The only other requirements to restore and maintain health is an adequate supply of nourishing food and faith.

During the years I have been engaged in Massage Therapy I have witnessed several instances of remarkable recovery in cases that seemed almost hopeless and which had been given up by prac-

tioners of other methods. In my own personal life I had an experience which was very convincing and which helped me in my decision to take up this work. In the very early 1920's after having passed through an epidemic of influenza I thought I was coming down with the flu. I was working the night shift in the steel mills at Gary, Indiana at the time. For several days I had been feeling under par but had done nothing about it, expecting it to just wear off. This particular morning I came home quite sick. During the early morning I had experienced alternate periods of fever and chills, I had vomited my lunch and my body just ached all over and I had no appetite that morning. I had seen so many with similar symptoms during the flu epidemic that I felt sure that was what I had even though I had not been affected during the epidemic when most everyone else had it. There was at the time a Turkish bath establishment about a city block from my home. I had previously done considerable reading on nature cure and physical culture and rather leaned toward these theories. I decided to go take a Turkish bath and see if I could sweat it out of my system. The Turkish bath being quite a severe treatment a room was provided with cots and each patron was assigned a cot and requested to relax for an hour or two before going out. On lying down I fell asleep quickly and slept until awakened by the operator at 1:00 p.m. I felt much better but was shocked by my appearance. I was completely broke out from head to foot. I don't believe a half inch of normal skin could have been found from the tip of my toes to the crown of my head. As I felt pretty comfortable after that treatment I didn't even call a doctor but just let it take its natural course and waited for it to heal. My recovery was quite rapid and after about ten days I thought I looked and felt like returning to work. It was not until I sought medical clearance to

SMALL BOX &
TURKISH BATH

return to work that I learned it was small pox I had had. The doctor ordered me to return home and stay inside for another week.

I have thought many times since how marvelously effective that simple hot bath was. I shudder to think how sick I might have been if all the toxin that broke out that crop of eruption had been contained and allowed to break out slowly. No conceivable treatment could have been better than that hot Turkish bath to free my body of the smallpox toxin quickly. I could tell you several true stories of most remarkable recovery from conditions that were both serious and severe that I have witnessed during the years I have been engaged in this work. Recoveries that I feel sure could never have been more effectively handled by any other method of treatment. I told you that one story, because it was my own personal experience and I thought it illustrated beautifully the power and the possibilities for doing good that reside in these simple methods. Most Massage Therapy treatments involve more technique than was used in Turkish bath, but they are all essentially simple, using only heat, light, water, electricity and Massage and our objectives are just as simple. We do not have to learn and remember the symptoms and characteristics of over 5000 different diseases and the properties, symbols, and dosage of over 5000 remedies. If we can cleanse the body of waste and toxins, relax the tissues to permit a normal flow of blood and lymph. Nature will see that the natural processes of healing takes place. Most diseases and afflictions of mankind, regardless of name are amenable to these simple measures. That's the way we like to express it. Some writer has said, "Man can treat, but only God can heal."

The most popular hostess in the world is the one who turns back her bathroom scale 10 pounds.

—Ruth Chadwick

Cabinet Baths — Colonic Irrigations
Massage

MINERAL VAPO-BATHS

Rheumatism - Arthritis - Colds - Sinus
Geo. Stoller, R.M. - Lenora Stoller, R.M.
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